

Drill Bank – Counter Attack Play 1

Purpose: Basic Concepts & using the new rule

Structure of practice – See diagram below – it is NOT to scale

Work with Keeper coach to run these drills with keeper coach doing specific keepers skills related to defending against the counter attack.

Coaching Points for the skills:

- ✓ Counter attacks are achieved when a team can PLAN to win a turnover and set up early to counter.
- ✓ Must have players above the ball at speed.
- ✓ Go as direct as possible – a pass is generally better than carrying the ball over distances
- ✓ Keep the defense turning by changing angles of attack.

HOT TIP: SPEED of PASSING and SPEED of RUNNING & OUTCOMES in the circle are keys to counter attack play

Drills:

1. Start with small games of 3 v 2 in small area and goals set up. Team with 3 players start with ball and pass to team with two players. Team of two try to attack their goal. Because team of 3 have extra player they should be able to set up turnover situation and counter attack. Coach this drill until players get concepts of counter attack play. Play out the new rule only once for the team of 3 so they learn how to take advantage of self pass.

BUT DON'T LET THE DRILL CARRY ON TO A GAME AS THE COACHING POINT OF COUNTER ATTACK PLAYS WILL BE LOST.

Once coach is satisfied that concepts are learned now progress to top third game involving keepers. Run 7 v 4 plus keeper (first down one side then change drill to other side) To start drill team of 8 plays ball to team of 4 who must try to work the ball out of defense to a goal on the 22m. Team of 8 set up turnover and counter attack similar to rules above.

Focus on attacking team getting players above the ball early, and targeting the deep defenders to attack and set up 2 v 1's from the free hits. Only play ONE free hit situation then start drill again otherwise the key focus of counter attack hockey will be lost.

